

HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

May 2019

Mental Health

is just as important as

Physical Health



Nurse Advice Line 24/7
800-TRICARE
(800-874-2273)

**Hampton Roads
Appointment Center**
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

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Skin Cancer Awareness

Skin cancer is the most common cancer in the United States. Fortunately, skin cancer is also one of the most preventable forms of cancer. More skin cancers are diagnosed in the U.S. each year than all other cancers combined. The number of skin cancer cases has been going up over the past few decades.

Melanoma is an aggressive form of skin cancer. It is more likely to invade nearby skin tissues and spread to other parts of the body than the more common forms of skin cancer. Although melanoma represents five percent of the skin cancer cases diagnosed each year, it results in the most deaths. According to the National Cancer Institute's Surveillance, Epidemiology, and End Results (SEER) Program, 96,480 Americans will be diagnosed with melanoma and nearly 7,230 people will die from the disease in 2019. About 90 percent of nonmelanoma skin cancers and 85 percent of melanoma cases are associated with exposure to ultraviolet radiation. Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Most of this exposure comes from the sun, but some may come from man-made sources, such as indoor tanning beds and sun lamps. The good news is that you can do a lot to protect yourself and your family from UV rays, as well as to catch skin cancer early so that it can be treated effectively.

You don't need X-rays or blood tests to find skin cancer early – just your eyes and a mirror. If you have skin cancer, finding it early is the best way to make sure it can be treated with success.

With the incidence of this disease reaching epidemic levels, we can't do this work alone. May is Skin Cancer Awareness Month and the perfect time to get involved.

Stroke Awareness Month

Each year in the United States, there are more than 800,000 strokes. Stroke is a leading cause of death in the country and causes more serious long-term disabilities than any other disease. Nearly three-quarters of all strokes occur in people over the age of 65, and the risk of having a stroke more than doubles each decade after the age of 55.

May marks National Stroke Awareness Month, and this year the National Stroke Association is turning the spotlight on the 10 modifiable risk factors that account for 90 percent of strokes globally. Hypertension remains the single most important modifiable risk factor, accounting for nearly 48 percent of strokes. With eight in 10 people experiencing their first stroke having hypertension, getting your blood pressure checked is an important first step in controlling your stroke risk.

Research has shown that unhealthy behaviors such as physical inactivity, poor diet and smoking have an adverse effect on health and increase your stroke risk. For example, smokers have an increased risk of stroke, up to two to four times, compared to a nonsmoker or those that have quit for longer than 10 years.

During National Stroke Awareness Month, the National Stroke Association is urging the public to look at their stroke risk factors, and pledge to make at least one change to reduce their stroke risk. The National Institutes of Health through the National Institute of Neurological Disorders and Stroke (NINDS) developed the Know Stroke. Know the Signs. Act in Time. campaign to help educate the public about the symptoms of stroke.

The time to take action is now. This May, during National Stroke Awareness month, get to know your stroke risk factors and learn to better identify the signs and symptoms of stroke. The life you save just might be your own.

National Physical Fitness and Sports Month

NMCP Health Promotion and Wellness Department

Living a healthy lifestyle is important for people at all ages. Participating in active living can enhance overall quality of life by:

- Controlling weight
- Reducing stress
- Boosting your mood
- Strengthening bones and muscles to prevent injury
- Enhancing the body's ability to heal from wounds
- Increasing your chances of living longer

It's been shown that more than half of adults living in the United States do not participate the recommended physical activity needed each week. There are a few recent guidelines from the U.S. Department of Health and Human Services for adults.

- Avoid inactivity. Engaging in any form of physical activity will provide health benefits.
- Try to participate in both moderate to vigorous intensity aerobic and muscle strengthening activities.

Physical activity is commonly known to enhance the overall quality of a person's life. Maybe a lesser known fact is that it also improves sleep quality, reduces the risk of chronic disease and boosts a person's mood. Even though physical activity has countless health benefits, some people still struggle with being active.

A few tips to start a new routine would be to set SMART goals.

Specific: Goals must be detail oriented. If you have a hard time incorporating new things into your routine, start with something small like no soda. Start with small steps to be able to stay committed.

Measurable: Goals must be calculable. Start with walking for 20 minutes per day, and see how far you are able to get within those 20 minutes as your stamina increases.

Attainable: Goals need to be realistic. If you are not a runner then entering a 5K right away isn't a good idea. Start taking it a mile at a time and then as your body builds up the strength to complete the distance, sign up for that 5K.

Relevant: Goals must be appropriate. If you want to improve on your overall strength, don't focus on cardio alone; get in the gym and work on weight training.

Time-Bound: Goals must have deadlines. If you want to participate in a half marathon, write out a plan. Add distance as the event draws near.

Getting physically fit won't happen overnight. Don't create excuses to inhibit yourself. Take it day by day and one step at a time. The longer you do something, the more natural it will feel. Keep up the good work and don't give up on yourself.

HEALTHY WEIGHT

ShipShape Weight Management Program:

8-week intensive program for adults. To register, call the HRAC at (866) 645-4584.

Right Weigh: 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927.

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1927.

TOBACCO CESSATION

Tobacco Cessation Class

1st and 3rd Tuesday
of every month from 1 – 3 p.m.

One-on-One Counseling

Call today to schedule!

For more information, call
(757) 953-1927 or 953-1934



NATIONAL PHYSICAL FITNESS & SPORTS MONTH

Mental Health Awareness Month

NMCP Health Promotion and Wellness Department

Approximately one in five adults in the United States, 43.8 million, experiences a mental illness in a given year, and approximately one in five youth, aged 13–18, experiences a severe mental health disorder at some point during their lifetime. Mental illness is not prejudiced; as mental health disorders affect men and women of all ages, races and social classes.

Since 1949, the month of May has been observed as Mental Health Month in the United States. Mental health is important for our physical health and vice versa. A well-balanced diet, a healthy sleep schedule, exercise, gut health, and hydration all affect our mental health and our physical health equally. Studies have shown that individuals who have chronic medical illnesses such as diabetes, high blood pressure or autoimmune disorders have a higher likelihood of being diagnosed with a mental health disorder such as depression or anxiety. Our bodies and mind act as one unit and therefore it is important to care for both our emotional and mental states as well as our physical health.

Small changes have big impacts. There are many different ways to encourage

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Mental Health Facts IN AMERICA

Fact: 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.



Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

Prevalence of Mental Illness by Diagnosis



1 in 100 (2.4 million) American adults live with schizophrenia.¹



2.6% (6.1 million) of American adults live with bipolar disorder.¹



6.9% (16 million) of American adults live with major depression.¹



18.1% (42 million) of American adults live with anxiety disorders.¹



individuals around the country to focus on healthy aspects of their daily lives in order to promote mental wellness, such as:

- Maintain uninterrupted sleep for eight hours each night.
- Avoid sugars, greasy foods, salts, processed foods and saturated fats.
- Consume more whole grains, greens, unprocessed foods, lean meats and unsaturated fats.
- Eat two -three well-balanced meals per day.
- Drink at least three liters of water per day.
- Consume natural probiotics such as yogurt, miso, sauerkraut, kefir, and kimchi.
- Engage in a physical activity for at least 30 minutes a day.
- Stay away from toxic thoughts, toxic people, and toxic conversations.

- Engage in positive thoughts and talks
- Practice mindfulness or meditation on a daily basis.
- Learn how to manage your stress.
- Stay present in your daily relationships.
- Avoid “screen time” and engage in more “in person time”.
- Visit your doctor for preventative health and cancer screenings.
- Take time for yourself every day.

May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma. For the month of May, Mental Health America is challenging you to make positive changes in your life that can benefit your mind and your body. Document these changes and feel free to share on social media. You may be surprised by how much positive impact one small change can have on your life.

118,000

patients with a PCM at one of our 10 facilities

22

Medical Home Port teams

440,000

patients we serve – active duty, retired and families



NATIONAL

SUICIDE

PREVENTION

LIFELINE

1-800-273-TALK (8255)TM

suicidepreventionlifeline.org